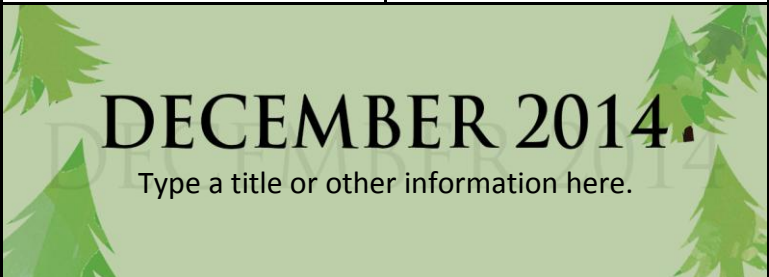


Monday	Tuesday	Wednesday	Thursday	Friday
1 Sweet Sour Meatballs Peas & Carrots Pineapple Tidbits Brown Rice Pilaf Wheat Bread	2 Baked Potato Chili Con Carne Shredded Cheddar Cheese Wheat Bread Fresh Tossed Salad Applesauce Ranch Dressing	3 Hot Sesame Noodles With Peas, Carrots and Baby Shrimp Diced Peaches Wheat Bread	4 Beef Tips Burgundy Fresh Grape Tomatoes Fruit Cocktail Multi Grain Roll Buttered Noodles	5 Black Bean Soup w/Sour Cream Turkey Shredded Cheddar Cheese Fresh Spinach Flour Tortilla Mandarin Oranges
8 Turkey Combo Meat With American Cheese On Roll Potato Salad Cole Slaw Fruit Cocktail Lettuce & Tomato	9 Beef Vegetable Soup Tuna Salad Sandwich w/American Cheese Applesauce Wheat Bread Fresh Potato Salad Lettuce	10 Turkey Open Faced Sandwich Green Beans Fresh Seasonal Fruit Whole Wheat Bread Mashed Potatoes Fresh Spinach Ranch Dressing	11 Combined Senior Center Holiday Party w/ special lunch. 11.30a – 2.30p at the Frederick Senior Center. Transportation available.	12 Beef Stroganoff Steamed Baby Carrots Tropical Fruit Wheat Bread Buttered Noodles
15 Chicken Breast w/Gravy Mixed Vegetables Fruit Cocktail Wheat Bread Mashed Potatoes	16 Meatballs and Pasta In Tomato Sauce Applesauce Rye Bread Green Beans	17 Chicken Veggie Soup Turkey and Swiss Sandwich on Wheat Bread Fresh Cole Slaw Diced Pears Lettuce & Tomato	18 Baked Ham Candy Sweet Potato Green Bean Almondine Fruit Ambrosia Dinner Roll Cherry Pie	19 Chicken Salad Cold Plate Over Fresh Spinach Multi Bean Soup Fresh Grape Tomatoes Wheat Bread Mandarin Oranges
22 Beef Stew With Mixed Vegetables And Potatoes Cinnamon Apples Multi Grain Roll	23 Chicken w/Gravy Peas & Carrots Diced Peaches Wheat Bread Mashed Potatoes	24 Holiday Department of Aging offices and senior centers are closed	25 Holiday Department of Aging offices and senior centers are closed	26 Hot Turkey w/Gravy Green Beans Diced Peaches Whole Wheat Bread Mashed Potatoes
29 Beef Hot Dog on Roll Sliced Carrots Applesauce Barley Quinoa Salad	30 Pork Loin Sauerkraut Mashed Potatoes Green Beans Diced Fruit Dinner Roll	31 Multi Bean & Beef Chili Sliced Carrots Fresh Apple Slices Corn Muffin	 <h1>DECEMBER 2014.</h1> <p>Type a title or other information here.</p>	

Type the name, address, and other information about your community here.